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HOUSEKEEPERS' CHAT

Monday, August 8, 1932

3 Hh
(FOR BROADCAST USE ONLY)

Subject: "Vegetable Bargains." Information from the Bureau of Home Economics, U.S.D.A.

The market specialists say that from now on through the summer every community will have a plentiful supply of fresh garden produce. The long-distance shipping season for many of the fruits and vegetables is over. The home grown product is in, or coming in.

That means to the housewife, especially to the housewife who must run her table on meager funds, an opportunity to provide her family with more and also cheaper fresh vegetables--products that cost less than they have for years. Another advantage of many of these home grown products is extra good flavor because they have ripened in the garden rather than during shipping.

What are some of these home-grown products? Tomatoes, snap beans, onions, potatoes, beets, carrots, sweet corn, egg plant, green cabbage. In vegetable crops no part of the country is "off" this year. All sections are producing and the home-grown supply is large. It is large because the yield is normal, and because there are more home gardens this year than usual.

Potatoes are cheap. We have had plenty of old potatoes. Now a plentiful yield is coming from all the mid-season, potato-producing areas. This means that one of our everyday foods will be plentiful. The last figures I have list potatoes as low in price as one or two cents a pound in some localities.

Last year the onion crop fell unusually short. But this year it is plentiful. Prices have already dropped.

Tomatoes--delicious, home-grown tomatoes, so good for every member of the family, the baby included--these good vegetables are coming to local markets in great abundance and at prices as low or lower than four to seven cents a pound. Tomatoes, you know, are considered cheap at a dollar a bushel or less. Many localities will see low prices this year.

By the way, if you're buying tomatoes in quantity for table use, the best buy is the basket which contains tomatoes in the various stages of ripening. You can use the reddest, ripest ones first and the others as they reach the right stage.

As for canning tomatoes, you can put them up for the winter in any of a dozen different ways. You can put them up as plain canned tomatoes, or as tomato juice, tomato puree, tomato soup mixture, chili sauce, ketchup, and even as tomato butter.

For canning you will want to use the perfect tomatoes, those that are ripe but not overripe, free from blemishes and of medium size, if possible.

You will want those that are red to the stem ends since green parts give poor flavor and color. What to do with the imperfect tomatoes or the culls? Use them for ketchup or puree, or make them into juice for filling the spaces left in the jar after it is packed with whole tomatoes.

But to get back to the market and the home-grown vegetable bargains there. Another old favorite now ready is the watermelon. Watermelons, say the specialists, are abundant, cheap, refreshing and nutritious. Yes, nutritious. Tests made in recent years show that the juicy red watermelon pulp contains a good supply of two of the most important vitamins--A and C. Thus, when oranges and grapefruit are out of season, watermelon may supply some of the family's vitamin requirements. And don't overlook the watermelon rind, either. It isn't rich in nutrients, to be sure, but it does make delicious preserves and sweet pickles to liven up many a winter meal.

Apples? The news so far is that early apples will be very plentiful. So get ready for apple pies, dumplings and other desserts as well as apple butter, apple preserves and apple jellies. Apples make excellent extenders of other fruits that are more expensive and less plentiful. That's a hint for the home canner. You see, the mild flavor of apples allow them to combine well with other more strongly flavored and colored fruits. You can combine apples with plums, peaches or blackberries and make all sorts of good things like sauces, jams, marmalades, jellies and butters. Because many apples are rich in pectin, you can often make a good jelly by combining apple juice with the juice of some fruit lacking in pectin. If you happen to have apples that are lacking in flavor, another fruit juice with them will supply the flavor. And, by the way, when you're making apple jelly this year, better flavor some with mint, all ready to go with roast lamb and lamb chops that you'll be serving in the fall or winter.

The market specialists say that the Georgia peach crop this year is very light. Only 2500 carloads to ship instead of the bumper crop of 12,000 carloads of last year. North Carolina is shipping only 3000 carloads. As for California, it has a heavy crop of yellow clings but it finds the eastern price too low to cover the cost of shipment. And canning costs are too great for the selling price of the canned product.

So it is with cherries in New York State this season. Many of these will probably go to waste.

Well, the moral of all this story is: Watch your local market for vegetable bargains. From now on is bargain time.

Our inexpensive Monday menu is right here ready planned for you. Have you your pencils? All right. Here's the menu: Fried or broiled ham slice; Fluffy boiled rice served with butter or ham gravy; Fried slices of tomato; Cabbage slaw and, for dessert, a slice of watermelon or muskmelon.

I'll read that menu once again: Fried or broiled ham slice; Fluffy boiled rice served with butter or ham gravy; Fried sliced tomato; Cabbage slaw and, for dessert, a slice of watermelon or muskmelon.

I have two recipes for you to go with that menu. The first is the recipe for fried tomatoes. You'll need:

6 or 8 firm tomatoes	finely sifted bread crumbs
1 egg	Salt and pepper, and
1 tablespoon of cold water	1 tablespoon of chopped parsley

That makes six. I'll repeat those ingredients. (Repeat.)

First wash the tomatoes. Don't peel them but remove a thin piece from the stem end, and cut the tomatoes into slices about one-half inch thick. Beat the egg slightly. Add the water and dip the slices into this. Then roll them in the bread crumbs which have been seasoned with salt and pepper. Allow the coated tomatoes to dry out somewhat before frying. Now heat the fat in a heavy skillet. Place the coated tomatoes in the hot fat. Brown them first on one side, then turn and brown on the other. Turn them carefully and reduce the heat so that the slices will have sufficient time to cook before browning. Now lift them out of the skillet to a hot platter and garnish them with the chopped parsley. Serve at once.

Fried tomatoes are always especially good with ham.

How do you make cabbage slaw? Here's the way the Recipe Lady makes it.

She selects a head of cabbage, cuts it in quarters and washes it thoroughly in cold water. Then she drains it, shreds it and sets it aside in a cold place until the shreds are crisp. Then she pours hot dressing over the crisp cabbage and stirs until it is well mixed. You can serve it either hot or cold.

To vary this recipe add a cup of chopped celery or one half cup of finely shredded green pepper, or a cup of thinly sliced tart apple.

And now here's the proper dressing for cabbage slaw, the dressing that you pour hot on the cabbage. Ingredients? Eight. Here they are:

2 eggs	1/2 teaspoon of salt
1/4 cup of water	1/4 teaspoon of mustard
1/4 cup of vinegar	1/16 teaspoon of celery seed and
2 tablespoons of sugar	2 tablespoons of butter or other fat

There are the ingredients. I'll go over them again. (Repeat.)

Beat the eggs, add all the ingredients except the fat, and cook in a double boiler until thickened. Stir constantly and just before removing from the fire add the fat. Pour over the cabbage while hot. If served as cold slaw, chill after the dressing is added.

Tuesday "Laundering White Clothes."

